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I CLAIM:

- 1. For a user, having a toe, on a skate including at least one wheel: a skate brake actuated by dorsiflexion.
- The skate brake according to claim 1, comprising a lifter
 moved upward by the dorsiflexion to actuate the skate brake.
 - 3. The skate brake according to claim 2, wherein the lifter is pivoted to be moved upward by the toe.
 - 4. The skate brake according to claim 3, wherein the lifter is pivoted about a pivot axis adjacent to a joint between a metatarsal and a phalanx of the toe.
 - 5. The skate brake according to claim 2, comprising a brake shoe coupled to the lifter, and wherein the brake shoe bears on at least the one wheel of the skate brake when actuated.
- 6. The skate brake according to claim 5, wherein the brake shoe is directly coupled to the lifter.
 - 7. The skate brake according to claim 5, wherein the brake shoe is coupled to the lifter via a linkage.
 - 8. The skate brake according to claim 5, wherein the brake shoe is pivoted to rotate about an axle of another wheel, so as to bear against the one wheel.

- 9. The skate brake according to claim 5, wherein the brake shoe comprises fiber-reinforced elastomer.
- 10. The skate brake according to claim 9, wherein the brake shoe comprises a portion of fiber-reinforced elastomer belt.
- 5 11. The skate brake according to claim 9, wherein the elastomer comprises urethane.
 - 12. The skate brake according to claim 1, comprising a return spring counteracting the dorsiflexion.